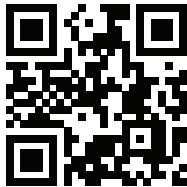





























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Learn something new with our FREE Virtual Nutrition Events! Led by registered dietitians, we offer fun & educational events for the whole family.</p> <p>For full event descriptions & to register, visit www.bigy.com/LivingWell/GetSocial or scan the QR Code.</p> 			<ul style="list-style-type: none"> Presentation Support Group Hands-On Kid Activity Cooking Demo Virtual Store Tour		1	2
3	<p>Living with Diabetes  4</p> <p>11:00 AM – 12:00 PM</p> <p>Low Sodium Label Reading </p> <p>12:00 – 12:45 PM</p>	<p>Supporting Immunity with Nutrition  5</p> <p>11:30 AM – 12:30 PM</p>	<p>Fall into a Healthy Lifestyle  6</p> <p>12:00 – 12:45 PM</p> <p>Supporting Immunity with Nutrition </p> <p>6:30 – 7:30 PM</p>	<p>Fighting Cancer with Your Fork  7</p> <p>4:00 – 5:00 PM</p> <p>Exploring the Mediterranean Diet </p> <p>6:00 – 7:00 PM</p>	<p>Kids Get Cooking: Crunchy Apple Muffins  8</p> <p>11:00 AM – 12:00 PM</p>	<p>Kids Get Cooking: Crunchy Apple Muffins  9</p> <p>10:00 – 11:00 AM</p>
10	<p>Fueling Your Student  11</p> <p>3:00 – 4:00 PM</p> <p>Living with Diabetes </p> <p>6:00 – 7:00 PM</p>	<p>Fueling Your Student  12</p> <p>7:00 – 8:00 PM</p>	<p>Reducing Inflammation with Nutrition  13</p> <p>11:30 AM – 12:30 PM</p>	<p>Eating Behavior Management Series  14</p> <p>4:00 – 5:00 PM</p> <p>Family Meal Planning on a Budget </p> <p>6:30 – 7:30 PM</p>	<p>Living with Diabetes  15</p> <p>12:00 – 1:00 PM</p>	16
17	<p>Nutrition and Lifestyle Changes That Last  18</p> <p>1:00 – 2:00 PM</p> <p>Heart-Healthy Meal Planning </p> <p>6:00 – 7:00 PM</p>	<p>Pork and New York Apple Taco Bowls  19</p> <p>11:00 AM – 12:00 PM OR 6:00 – 7:00 PM</p> <p>Eat the Rainbow </p> <p>3:00 – 3:45 PM</p>	20	21	<p>Go Nuts Over Nuts  22</p> <p>10:30 – 11:30 AM</p> <p>Eat the Rainbow </p> <p>12:00 – 12:45 PM</p>	<p>Build a Better Breakfast  23</p> <p>10:00 – 11:00 AM</p>
24	<p>Shopping for Whole Grains  25</p> <p>11:00 AM – 12:00 PM</p> <p>Fall Comfort Food Makeover </p> <p>12:00 – 12:45 PM</p> <p>Fighting Cancer with Your Fork </p> <p>6:00 – 7:00 PM</p>	26	<p>Fall into a Healthy Lifestyle  27</p> <p>12:00 – 12:45 PM</p>	<p>Fall Comfort Food Makeover  28</p> <p>2:30 – 3:30 PM</p> <p>Eating Behavior Management Series </p> <p>4:00 – 5:00 PM</p>	<p>Kids Get Cooking: Pumpkin Pancakes  29</p> <p>10:00 – 10:45 AM</p>	30
31						